



2016/2017

THIS WEEK'S KEY INFO

NEXT TRAINING - @ 5pm:

Date	Who	Venue
16/01	U9-U17	MMLAC
18/01	All Athletes	BEACH

MMLAC = Abbeville Park

RLAC = Ridgewood Park

NEXT RLAC COMPETITION:

Saturday 14th January

Multi Event Program

NEXT LAWA COMPETITION:

Combined Event Champs

Under 11's to Under 17's

Sat 4th & Sun 5th Feb 2017

WA Athletics Stadium

NEXT COMPETITION ROSTER:

Family Name	Rostered Position
METTAM	Set Up 6.30am
GAMBLE & HATHAWAY	Canteen 7-10am
N/A	Walks Judge
HELP NEEDED	Shot Put Chief
YOUNG	Shot Put Helper 1
KOTZE	Shot Put Helper 2
HELP NEEDED	Discus Chief
SWIFT (KINGI)	Discus Helper 1
MADDEN	Discus Helper 2
KLEYNHANS	Discus Helper 3
N/A	High Jump A Chief
N/A	High Jump A Help 1
N/A	High Jump A Help 2
N/A	High Jump B Chief
N/A	High Jump B Help 1
N/A	High Jump B Help 2
MADDEN	Pack Up 11.30am

ROSTER MANAGER
SELECT YOUR ROSTERS NOW!



The Mustang Messenger

Newsletter #18 — 12/01/17

LA WA State Combined Event Championships

Saturday 4th and Sunday 5th February 2017

U11 to U17's (U14-17 2 Days/ U11-13 Sunday Only)

[INFORMATION](#)

[PROGRAM \(NEW\)](#)

The Program for the 2017 Combined Events Championships is now on the LA WA Website and is linked above.

The 2017 Edition also welcomes the Athletics WA U20 and Open Combined Event Championships!

Nominations

To nominate click [HERE](#).

This season there is \$15 Entry Fee and 60c admin fee payable at time of registration.

Registrations close 12midnight - Sunday 22nd Jan

New Officiating Opportunities

Little Athletics WA are looking for Electronic Distance Measurement (EDM) Operators, a Photo Finish Operator and Meet Manager Data Entry Operators for the Combined Events

Click [HERE](#) for more information

RECORD BREAKERS

An incredible start to the season with 19 records broken so far this season plus ones still to recognise from the last two competitions of 2016.

Record Breakers will return after our first competition of 2017.

WEEKLY SPONSOR

The Mindarie Mustangs would like to thank

Outback Jacks Northbridge



For being a supporter of our club during the 2016/2017 season.

Please support this business.



AWA Go for 2 & 5 COMPETITIONS

Fridays @ WA Athletics Stadium

Open to Athletes U12+.

Great opportunities to compete against different athletes at the WA Athletics Stadium.

For more information, visit: www.waathletics.org.au



Beach Training

Wednesday 18th January

5pm Start

Quinns Beach

(Meet at Portfonios Grass)

Join us for a great training session down at the beach!
All athletes are able to attend!

All athletes **MUST** be signed in and have an Adult present **ON THE BEACH** for the duration of Training.

Athletes will not be going into the ocean during training, if they wish to do so after the session is complete, supervision will be solely the responsibility of the parent/guardian present with the athlete(s).

Mindarie Mustangs Little Athletics Club

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 www.facebook.com/Mindarielac

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Officiating Tip Sheets

Athletics Australia and Jetstar Little Athletics have released a variety of Officiating Tip Sheets.

These documents will assist you in the basic rulings and understanding for the specified discipline.

All of the documents are available at <http://www.athletics.com.au/Officials/Handy-Hints>

Online Level 1 Courses

All parents are encouraged to complete the online courses for High Jump, Discus and/or Shot Put. These courses should take approx. 1 hour per event.

For more information visit athletics.com.au/Officials/Education

Personal Bests Tally

As of December 16th, Mindarie athletes have been putting in their absolute best every week.

The Club PB Grand Total is currently **1691**

With **83** athletes now achieved 10 or more PB's, **47** Athlete have achieved 20 PB's and now **2** athletes has achieved 30 PB's

WOW!

PB Certificates will be handed out again soon

2016-2017 Committee

President Daan Nel
Secretary Matthew Vine
Treasurer Karen Swift
Registrar Evyonne Nel
Recorder Julie Vine
Fundraising Louise Mann
Caron Woodman
Coaching Team Jeff Woodman
Steve Moss
Scott James

2017 Ridgewood Multi Event Championships

Saturday 14th January 2017 - Ridgewood Oval

The program is still to be confirmed from Ridgewood but will consist of up to 5 events for each age group across the morning.

THE BELOW GRID WAS THE 2016 GRID AND WILL CHANGE FOR 2017, ESPECIALLY WITH THE U6-U8 Age Groups!

MULTI PROGRAM

U6-8	U9	U10	U11-12	U13	U14-15 B	U14-15 G	U16-17
100m	100m	100m	100m	100m	100m	200m	100m
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Vortex/ Turbo	Discus	Shot Put	Shot Put	Shot Put	Discus	Shot Put	Shot Put
400m	60m hurdles	60m hurdles	60m hurdles	80m hurdles	Hurdles*	Hurdles*	Hurdles*
	800m	800m	800m	800m	800m	800m	800m

Rules of Competition

(Subject to updating from RLAC Committee)

- 800m Event will always be the last event contested.
- Any competitor failing to attempt to start or make a trial in one of the events shall not figure in any of the final results.
- Any competitor deciding to withdraw from the competition must inform the officials.
- Scoring will be using the Multi Event Points System as determined by the RLAC Committee
- Gold, Silver and Bronze Medals will be awarded for the first three (3) place getters in each age group for both boys and girls.
- Individual Centre Records will be recognised.

Committee Positions at AGM

The AGM is fast approaching at the end of March/start of April (Date TBC) and at the AGM all TEN (10) Committee Positions will be up for nomination and election.

The positions can vary based on the requirements and expertise of those appointed.

The 2017/2018 Committee will likely consist of the following positions, and these positions will be highlighted in detail over the coming weeks.

Positions

President
Secretary
Communications/Publicity
Treasurer
Registrar
Recorder
Coaches x2
Fundraising x2

Mindarie Mustangs Little Athletics Club